



LIVING HEALTHY

AlaskaCare Wellness resources to help you reach your health goals

Call your health coach for your chance to WIN!

Call your health coach today and you will be entered into a sweepstakes drawing for your chance to win a \$50 gift card



What's on your personal to-do list? If you're like most people, you care about your health. But it's not always easy to convert good intentions into healthy actions. Contact your personal health coach to help you get on track and stay on track? **Call now!**

Your coach is here to help. Health Coaching offerings include:

- **Chronic Condition**- Do you have a chronic medical condition such as diabetes or high blood pressure? You can have a registered nurse as your personal health coach. This one-on-one support doesn't replace your doctor.
- **Lifestyle Coaching** -This program can help you with your nutrition, stress management, weight management, exercise and tobacco cessation goals.
- **Maternity Coaching**-- You'll work with a registered nurse over the phone through our maternity program. Your nurse coach will help you navigate the changes of pregnancy and understand the needs of your baby and yourself.

Remember, there is no cost for any of these programs. So be sure to take advantage of them and make this year your healthiest yet! *Your health information is private and confidential.*

Call your coach for a chance to WIN between
October 1, 2015 – December, 19, 2015

For eligible AlaskaCare Wellness employees and spouses, call your health coach for a chance to win a \$50 gift card! Names will be drawn at random. Existing coaching program participants will also be eligible for the sweepstakes drawing.

Connect with your health coach by calling:

1-877-749-6995

Monday- Friday

5:00 am to 5:00 pm AT

Saturday

5:00 am to 10:00 am AT



*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

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